



DEPARTMENT OF THE INTERIOR

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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SEAFOOD FOR HOLIDAY VARIETY

As an appetizer, as part of the holiday dinner or for the party snack the answer is the same--seafood. There is a variety of fish and shellfish ideal for holiday use--shrimp or oysters for "stuffing"; flaked halibut with avocado for cocktail, or maybe clam on the half shell; tuna-filled puff shells; or eggs stuffed with lobster for canapes or scallop canapes; crab appetizers or salmon roll.

At any party, when food is involved, seafood has a place. Fish and shellfish, either fresh, frozen, canned, or in specialty packs, will be in good supply during the holiday season.

Here are several tested recipes recommended by the home economists of the Fish and Wildlife Service.

OYSTER STUFFING

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| 1 pint oysters | 1 tablespoon chopped parsley |
| $\frac{1}{4}$ cup chopped celery | 1 teaspoon salt |
| $\frac{1}{4}$ cup chopped onion | Dash poultry seasoning |
| $\frac{1}{4}$ cup butter or other fat, melted | Dash pepper |
| 4 cups day old bread cubes | |

Drain oysters, saving liquor, and chop. Cook celery and onion in butter until tender. Combine oysters, cooked vegetables, bread cubes, and seasonings, and mix thoroughly. If stuffing seems dry, moisten with oyster liquor. Makes enough for a 4-pound bird.

SHRIMP STUFFING

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| $\frac{1}{4}$ pound shrimp, fresh or frozen | 2 tablespoons milk |
| $\frac{1}{4}$ cup chopped onion | $\frac{1}{2}$ teaspoon thyme |
| 2 tablespoons chopped parsley | 1 teaspoon salt |
| 3 tablespoons butter or other fat, melted | Dash pepper |
| 1 egg, beaten | 3 cups soft bread cubes |

Peel shrimp and remove sand veins. Wash and cut into small pieces. Cook onion, parsley, and shrimp in butter until tender. Combine egg, milk, and seasonings. Mix all ingredients together until well moistened. Makes enough for a 4-pound bird.

STUFFING FOR TURKEY

For 10 - 15 pound turkey, three times above recipes
For 16 - 20 pound turkey, four times above recipes
For 21 - 25 pound turkey, five times above recipes

HALIBUT AVOCADO COCKTAIL

1 pound halibut steaks or fillets	1 cup avocado cubes
1 quart boiling water	Parsley
1 tablespoon salt	Lemon wedges
1 cup cocktail sauce	

Place steaks in boiling salted water. Cover and return to boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones. Flake.

Arrange layers of cocktail sauce, avocado and fish in cocktail glasses. Begin and end with cocktail sauce. Garnish with parsley and lemon wedges. Serves 6.

COCKTAIL SAUCE

3/4 cup catsup	6 drops tabasco sauce
1/4 cup lemon juice	3 tablespoons finely chopped
1/4 teaspoon salt	celery

Combine all ingredients and chill. Serves 6.

CLAMS ON THE HALF SHELL

36 shell clams (littlenecks or cherrystones)	Cocktail sauce
	Lemon

Shuck clams. Arrange a bed of crushed ice in 6 shallow bowls or plates. Place 6 half-shell clams on the ice with a small container of cocktail sauce in the center. Garnish with lemon wedges. Serves 6.

COCKTAIL SAUCE

1/2 cup catsup	3 drops tabasco sauce
6 tablespoons lemon juice	1/2 teaspoon celery salt
1 tablespoon horseradish	1/4 teaspoon salt

Blend all ingredients and chill. Serves 6.

TUNA FILLED PUFF SHELLS

2 cans (7 ounces each) tuna	1/2 cup chopped celery
1 cup diced apples	1/4 cup chopped nutmeats
1/2 cup mayonnaise or salad dressing	

Drain and flake tuna. Combine all ingredients; chill. Cut tops from puff shells and fill with tuna salad.

PUFF SHELLS

$\frac{1}{2}$ cup flour
 $\frac{1}{8}$ teaspoon salt

2 eggs

$\frac{1}{4}$ cup butter or margarine
 $\frac{1}{4}$ cup boiling water

Sift flour and measure. Add salt and sift again. Combine butter and boiling water in a saucepan; melt over low heat. Add flour (all at one time) and stir vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add unbeaten eggs one at a time, beating thoroughly after each addition; continue beating until a thick dough is formed. Drop by teaspoonfuls on a greased baking sheet. Bake in a hot oven, 450°F., for five minutes; reduce heat to 350°F., and bake 10 minutes longer. Makes approximately 36 one-inch puff shells.

LOBSTER STUFFED EGGS

1 pound cooked lobster meat
1 tablespoon chili sauce
1 teaspoon chopped pimiento
1 teaspoon chopped green pepper

Parsley

1 teaspoon grated onion
 $\frac{2}{3}$ cup mayonnaise or salad dressing
 $1\frac{1}{2}$ dozen hard-cooked eggs

Cut lobster meat into $\frac{1}{4}$ -inch cubes. Add seasonings and mayonnaise to lobster. Chill. Cut eggs in half lengthwise and remove yolks. Fill egg whites with lobster mixture and serve as canapes, garnished with parsley. Makes 36 canapes.

*Egg yolks may be used for Sardine and Egg Spread Appetizer.

SARDINE AND EGG SPREAD APPETIZER

1 can ($3\frac{1}{2}$ ounces) Maine sardines
 $\frac{1}{2}$ cup grated egg yolk
1 tablespoon lemon juice

$\frac{1}{8}$ teaspoon Worcestershire sauce
 $\frac{1}{4}$ cup mayonnaise or salad dressing

Crackers, toast, or bread

Drain and flake sardines. Combine all ingredients, except crackers, and blend into a paste. Spread on crackers, toast or bread; garnish. Makes approximately 36 canapes.

CRAB APPETIZERS

1 pound crab meat
1 tablespoon grated onion
 $\frac{1}{4}$ cup butter or other fat, melted
 $\frac{1}{4}$ cup flour
1 cup milk

1 egg yolk, beaten
 $\frac{1}{4}$ teaspoon Worcestershire sauce
 $\frac{1}{4}$ teaspoon salt
Dash pepper
1 cup dry bread crumbs

Remove any shell or cartilage from the crab meat. Cook onion in butter until tender; blend in flour. Add milk gradually and cook until thick, stirring constantly. Combine egg yolk and seasonings. Stir a little of the hot sauce into the egg yolk; add to remaining sauce, stirring constantly. Add crab meat; blend well and cool. Shape into small balls and roll in bread crumbs. Fry in a basket in deep fat, 375°F., for two minutes or until brown. Drain on absorbent paper. Serve on colored toothpicks. Makes approximately 80 appetizers.

SMOKED SALMON ROLLS

1 can (7-ounce) smoked salmon
1 teaspoon horseradish
2 tablespoons lemon juice

1 teaspoon grated onion
1/4 cup mayonnaise or salad dressing
1 cup pastry mix

Paprika

Drain and flake salmon. Add seasonings and mayonnaise; blend into a paste. Prepare pastry according to directions. Divide in half; roll very thin in circle about nine inches in diameter. Spread with salmon mixture. Cut into wedge-shaped pieces, and roll in jelly-roll fashion beginning at the round edge. Score top of rolls with a fork, and sprinkle with paprika. Bake in a hot oven, 425°F., for about 15 minutes or until brown. Serve hot or cold. Makes approximately 32 rolls.

SCALLOP CANAPE WITH BACON

1 pound scallops
1 quart water
2 tablespoons salt

16 slices bacon
8 slices white bread
8 slices cheese

Paprika

Place scallops in boiling salted water. Cover and return to boiling point. Simmer for three to four minutes depending on size. Drain. Remove any shell particles and cut large scallops in half.

Fry bacon until crisp. Drain on absorbent paper. Trim crusts from bread. Place a slice of cheese and two slices of bacon on each slice of bread. Cut in quarters. Place a scallop on top of each piece and brush with bacon fat. Sprinkle with paprika. Place on broiler pan about three inches from source of heat and broil for three to four minutes or until brown. Serve at once. Makes 32 canapes.

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